
Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 2001¹

AGE-GENDER GROUPS	WEEKLY COST				MONTHLY COST			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
INDIVIDUALS²								
CHILD:								
1 year	\$16.50	\$20.30	\$23.80	\$28.90	\$71.50	\$88.00	\$103.10	\$125.20
2 years	16.50	20.30	23.80	28.90	71.50	88.00	103.10	125.20
3-5 years	17.90	22.30	27.60	33.00	77.60	96.60	119.60	143.00
6-8 years	22.20	29.60	36.90	43.00	96.20	128.30	159.90	186.30
9-11 years	26.30	33.60	43.00	49.80	114.00	145.60	186.30	215.80
MALE:								
12-14 years	27.30	38.00	47.10	55.40	118.30	164.70	204.10	240.00
15-19 years	28.00	39.20	48.80	56.40	121.30	169.90	211.50	244.40
20-50 years	30.00	39.00	48.50	58.70	130.00	169.00	210.20	254.30
51 years and over	27.10	37.10	45.60	54.70	117.40	160.80	197.60	237.00
FEMALE:								
12-19 years	27.30	32.80	39.80	48.00	118.30	142.10	172.50	208.00
20-50 years	27.30	34.00	41.40	53.10	118.30	147.30	179.40	230.10
51 years and over	26.70	33.20	41.10	49.10	115.70	143.90	178.10	212.80
FAMILIES:								
FAMILY OF 2³:								
20-50 years	63.00	80.30	98.90	123.00	273.10	347.90	428.60	532.80
51 years and over	59.20	77.30	95.40	114.20	256.40	335.20	413.30	494.80
FAMILY OF 4:								
Couple, 20-50 years and children—								
2 and 3-5 years	91.70	115.60	141.30	173.70	397.40	500.90	612.30	752.60
6-8 and 9-11 years	105.80	136.20	169.80	204.60	458.50	590.20	735.80	886.50

¹Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Thrifty Food Plan, see *Thrifty Food Plan, 1999, Executive Summary*, CNPP-7A; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *Family Economics Review*, No. 2 (1983). The Thrifty Food Plan is based on 1989-91 data and the other three food plans are based on 1977-78 data; all four plans are updated to current dollars using the Consumer Price Index for specific food items.

²The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent.

³Ten percent added for family size adjustment.